



Stroke Clinic
8/27/23

Chalk Talk-Breasstroke

Body Position

- Speed comes when getting into a body line
- Shoot into a body line
- Line extends fingertips to toes
- Hide head between arms
- High hips just under the surface

Body Line

- Shoot the hands
- Surge the body (not just head)

Stroke

- Hands make a round shape-continuous motion
- No sharp corners
- Outsweep-palms face out
- Press outside the shoulders
- Catch-inward hands carve down and inward
- Elbow stay near the surface
- Breath comes on the insweep
- Elbows stay close to body but way wide on shoot
- Recovery-elbows push hands forward
- Rotate palms down/open biceps for extension

Kick

- Knees bend to bring feet up when arms transition forward
- Fast heels
- Feet at width of knees on kick
- Feet outward at top of kick-maintain as far as possible throughout kick
- Kick with your upper body in streamline
- Heels come up/knees go down
- Minimize resistance-time that resistance is created
- Knees at shoulder width

Clinic

Warmup	800
200 free	3:20
4x50 free drill progression	:50
1-catchup with fist	2-catchup
3-3 quarter catchup fist	4-catchup
200 free/back by 50	3:20
4x50 back drill progression	:50
1-catchup with fist	2-catchup
3-2/2/2 drill fist	4-2/2/2 drill
18x25	:25
1-free with 6 beat kick	
2-backstroke with 6 beat kick	
3-breast	

Kick Set w/Board	600
12x50/25	Odd fast flutter kick/even breast kick
	Work on body lines

Drills	4 rounds	A	B	1,200
4x25 drill		:25	:35	
2x50 drill/swim		:50	1:00	
100 swim		2:00	2:00	
Round 1		Breast kick on back		
Round 2		3 kick-1 stroke drill		
Round 3		Flutter kick with breast arms		
Round 4		2 stroke flutter/2 strokes breast kick		

Dive 25's	8
Odd free with speed	
Even breast with stroke count	

Warmdown/Covers

